



Diabetes - Berberine Supplement

Insulin Herb

“My Blood Sugar Stabilized... Thanks To This Herb!”
PEOPLE ARE RAVING ABOUT THIS SUPERFOOD! WHY
DON'T YOU TRY IT? RISK FREE!

High blood sugar is a modern day metabolic disorder. There are over 33 million people with diabetes and over 80 million diagnosed with prediabetes in the USA alone. One of the biggest frustrations diabetics and pre-diabetics are facing is the intolerance of blood sugar meds such as Metformin or Avandia. Based on clinical studies, Insulin Herb is formulated as a natural remedy to help manage blood sugar med without meds.

Insulin Herb (Berberine) also known as the Ayurvedic Miracle Plant, has been traditionally used as medicine for centuries by the Indians and Chinese. Recent years, due to the increasing trend towards Natural Botany Solutions, Western societies have only been made aware of its impressive medicinal benefits.

The anti-hyperglycemic potential of Berberine has been confirmed by multiple human studies. This highlights the ability of Berberine to support blood sugar and cholesterol levels.

The growing numbers of research papers published in various prestigious journals, including the Journal of Metabolism, evaluated and confirmed the anti-diabetic potential of Berberine.

Diabetes. Research has shown that berberine may work as a diabetes treatment. Studies have found that it can have positive effects on blood sugar, triglycerides, and insulin. One meta-analysis indicated that berberine was better than a placebo at lowering blood sugar.

To avoid GI upset, it may be best to slowly taper up to 1,500 mg daily by taking 500 mg for the first week, adding another 500 mg the second week, until you reach 1,500 mg by the third week. Berberine is not intended for long-term use.

A compound called berberine is one of the most effective natural supplements available.

It has very impressive health benefits, and affects your body at the molecular level.

Berberine has been shown to lower blood sugar, cause weight loss and improve heart health, to name a few.

It is one of the few supplements shown to be as effective as a pharmaceutical drug.

This is a detailed review of [berberine and its health effects](#).

What Is Berberine?

Berberine is a bioactive compound that can be extracted from several different plants, including a group of shrubs called Berberis.

Technically, it belongs to a class of compounds called alkaloids. It has a yellow color, and has often been used as a dye.

Berberine has a long history of use in traditional Chinese medicine, where it was used to treat various ailments.

Now, modern science has confirmed that it has impressive benefits for several different health problems.



How Does It Work?

Berberine has now been tested in hundreds of different studies.

It has been shown to have powerful effects on many different biological systems (3 Trusted Source).

After you ingest berberine, it gets taken in by the body and transported into the bloodstream. Then it travels into the body's cells.

Inside the cells, it binds to several different “molecular targets” and changes their function (4 Trusted Source). This is similar to how pharmaceutical drugs work.

I am not going to get into much detail here, because the biological mechanisms are complicated and diverse.

It is found in the cells of various organs, including the brain, muscle, kidney, heart and liver. This enzyme plays a major role in regulating metabolism (7 Trusted Source, 8).

[Berberine also affects various other molecules inside cells](#), and may even affect which genes are turned on or off (4 Trusted Source).

5 Specific Ways Berberine Can Stabilize Your Blood Sugar

Berberine has been prized for centuries for its healing properties. Now this potent herb is naturally balancing blood sugar levels by helping your body:

Decrease insulin resistance, making the blood sugar lowering hormone ‘insulin’ more effective

Berberine may activate the ‘metabolic master switch’: An energy-stabilizing enzyme found inside cells, AMPK (adenosine monophosphate kinase), is known as a [‘metabolic master switch’](#) due to its positive influence on metabolism.[*] It’s believed that this helps improve insulin sensitivity at the cellular level.

Decrease sugar production in the liver

Berberine helps slow the sugar factory: According to studies, berberine may stimulate glycolysis, the metabolic pathway by which sugar is broken down and converted to energy, and may inhibit gluconeogenesis, the creation of glucose.[*] In effect, these activities decrease insulin sensitivity and help to balance blood sugar levels.

Slow the breakdown of carbohydrates

Berberine supports the liver: Plant compounds are thought to help improve insulin sensitivity in the liver by reducing its production of glucose. Additionally, berberine is thought to boost thermogenesis. These activities help suppress the liver's tendency to make new glucose when liver cells become insulin resistant.

Increases the number of beneficial bacteria in the gut.

Several studies have shown that berberine may modulate the gut microbiota through enriching short-chain fatty acid (SCFA)-producing bacteria and reducing microbial diversity. This in turn inhibits dietary polysaccharide degradation and decreases caloric intake in the gut, which may improve energy metabolism and intestinal health; anti-inflammatory effects; and immune regulatory effects.

Removes deep body fat that accumulates around the belly and organs

There's a strong correlation between blood sugar and weight loss. Research on **berberine for weight loss and fat-burning activity** is limited but promising. In one 12-week study, subjects lost about 2.3% body weight — or 5 pounds — and lowered BMI and body fat percentage by 3.6% with a dosage of 3,500 mg per day.[*] Another 3-month study revealed a drop in BMI, from 31.5 to 27.4, in obese individuals, as well as a reduction in waist circumference.

As a caregiver myself to a family member with symptoms of Type II, we tried a lot of the doctor's mainstream advice (exercising, dieting) with very little success. It was through a consultation with a Traditional Chinese Medicine (TCM) practitioner did we learn about Berberine. The results we obtained through consuming Berberine were remarkable.

We started offering the product to other people who struggled to maintain healthy blood sugar levels. During a two year period we have received some really notable testimonials.



Insulin Herb Blood Sugar Support

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The growing numbers of research papers published in various prestigious journals, including the **Journal of Metabolism**, evaluated and confirmed the anti-diabetic potential of Insulin Herb Berberine. (To read the full studies, follow the links at the bottom of this page.)

To use Berberine to heal without side effects, the Beberine needs to pass 2 TESTS

Test #1

Now, it's a known fact that for Berberine to have it's best effects, the recommended daily dosage is around 1500mg.

The problem is Berberine is very potent stuff and consuming 1500mg in a single dosage can cause stomach discomfort, cramps and even have you running to the bathroom every 15 minutes.

Many studies have shown you should take Berberine 500mg, three times daily, to reach the correct recommended dosage. Using separate doses improves absorption but more importantly helps you avoid side effects like stomach cramps and nausea that arise from a concentrated 1500mg dose.

So it had to be in a capsule form: at 500mg per dose.

So we had to use Berberine sourced organically from the tree bark of Phellodendron Amurense, sterilized them after harvesting and extracted the Berberine into 500mg dose, capsule form.

Test #2

One extra ingredient was added to amplify Berberine's results.

A little known flowering herb, Milk Thistle, which belongs to the daisy and ragweed family. It's often called the Holy Thistle because it has a long history of treating liver problems, lowering cholesterol, lowering inflammation.

But the real benefit is in the fact that Milk Thistle's main active ingredient is Silymarin and once combined with Berberine, was shown in one study to increase the bioavailability of berberine in the intestines and to raise its concentration in the blood and for longer periods of time.

It Causes a Major Reduction in Blood Sugar Levels

Type 2 diabetes is a serious disease that has become incredibly common in recent decades, causing millions of deaths every year.

It is characterized by elevated blood sugar (glucose) levels, either caused by insulin resistance or lack of insulin.

Over time, high blood sugar levels can damage the body's tissues and organs, leading to various health problems and a shortened lifespan.

Many studies show that berberine can significantly reduce blood sugar levels in individuals with type 2 diabetes (9 Trusted Source).

In fact, its effectiveness is comparable to the popular diabetes drug metformin (Glucophage) (2Trusted Source, 10Trusted Source).

It seems to work via multiple different mechanisms (11Trusted Source):

Decreases insulin resistance, making the blood sugar lowering hormone insulin more effective.

Increases glycolysis, helping the body break down sugars inside cells.

- Decrease sugar production in the liver.
- Slows the breakdown of carbohydrates in the gut.
- Increases the number of beneficial bacteria in the gut.
- In one study of 116 diabetic patients, 1 gram of berberine per day lowered fasting blood sugar by 20%, from 7.0 to 5.6 mmol/L (126 to 101 mg/dL), or from diabetic to normal levels (12 Trusted Source).

It also lowered hemoglobin A1c by 12% (a marker for long-term blood sugar levels), and also improved blood lipids like cholesterol and triglycerides (12Trusted Source).

According to a big review of 14 studies, berberine is as effective as oral diabetes drugs, including metformin, glipizide and rosiglitazone (13Trusted Source).

It works very well with lifestyle modifications, and also has additive effects when administered with other blood sugar lowering drugs (2 Trusted Source).

If you look at discussions online, you often see people with sky-high blood sugars literally normalizing them just by taking this supplement.

This stuff really works, in both the studies and the real world.



insulinherb 100% NATURAL 100% GMP CERTIFIED

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5 Specific Ways Berberine Can Stabilize Your Blood Sugar

1. Decrease insulin resistance, making the blood sugar lowering hormone 'insulin' more effective
2. Decrease sugar production in the liver
3. Slow the breakdown of carbohydrates
4. Increases the number of beneficial bacteria in the gut
5. Removes deep body fat that accumulates around the belly and organs

Berberine May Help You Lose Weight

Berberine may also be effective as a weight loss supplement.

So far, two studies^{Trusted Source} have examined the effects on body weight.

In a 12-week study in obese individuals, 500 mg taken three times per day caused about 5 pounds of weight loss, on average. The participants also lost 3.6% of their body fat (14).

Another more impressive study was conducted in 37 men and women with metabolic syndrome. This study went on for 3 months, and the participants took 300 mg, 3 times per day.

The participants dropped their body mass index (BMI) levels from 31.5 to 27.4, or from obese to overweight in only 3 months. They also lost belly fat and improved many health markers (15 ^{Trusted Source}).

The researchers believe that the weight loss is caused by improved function of fat-regulating hormones, such as insulin, adiponectin and leptin.

Berberine also appears to inhibit the growth of fat cells at the molecular level (16Trusted Source, 17Trusted Source).

However, more research is needed on the weight loss effects of berberine.

It Lowers Cholesterol and May Reduce Your Risk of Heart Disease

Heart disease is currently the world's most common cause of premature death.

Many factors that can be measured in the blood are associated with an increased risk of heart disease.

As it turns out, berberine has been shown to improve many of these factors.

According to a review of 11 studies, it can (18Trusted Source):

Lower total cholesterol by 0.61 mmol/L (24 mg/dL).

Lower LDL cholesterol by 0.65 mmol/L (25 mg/dL).

Lower blood triglycerides by 0.50 mmol/L (44 mg/dL).

Raise HDL cholesterol by 0.05 mmol/L (2 mg/dL).

It has also been shown to lower apolipoprotein B by 13-15%, which is a very important risk factor (19Trusted Source, 20Trusted Source).

According to some studies, berberine works by inhibiting an enzyme called PCSK9. This leads to more LDL being removed from the bloodstream (21 Trusted Source, 22Trusted Source).

Keep in mind that diabetes, [high blood sugar levels and obesity](#) are also major risk factors for heart disease, all of which seem to be improved with this supplement.

Given the beneficial effects on all these risk factors, it seems likely that berberine could drastically reduce the risk of heart disease.



Other Health Benefits

Berberine may also have numerous other health benefits:

Depression: Rat studies show that it may help fight depression (23 Trusted Source, 24 Trusted Source, 25 Trusted Source).

Cancer: Test tube and animal studies have shown that it can reduce the growth and spread of various different types of cancer (26, 27 Trusted Source).

Antioxidant and anti-inflammatory: It has been shown to have potent antioxidant and anti-inflammatory effects in some studies (28, 29 Trusted Source, 30 Trusted Source).

Infections: It has been shown to fight harmful microorganisms, including bacteria, viruses, fungi and parasites (31Trusted Source, 32Trusted Source, 33Trusted Source, 34Trusted Source).

Fatty liver: It can reduce fat build-up in the liver, which should help protect against non-alcoholic fatty liver disease (NAFLD) (35, 36).

Heart failure: One study showed that it drastically improved symptoms and reduced risk of death in heart failure patients (37Trusted Source).

Dosage and Side Effects

Many of the studies cited in the article used dosages in the range of 900 to 1500 mg per day.

It is common to take 500 mg, 3 times per day, before meals (a total of 1500 mg per day).

Berberine has a half-life of several hours, so it is necessary to spread your dosage several times per day to achieve stable blood levels.

If you have a medical condition or are on any medications, then it is recommended that you speak to your doctor before taking it.

This is especially important if you are currently taking blood sugar lowering medications.

Overall, berberine has an outstanding safety profile. The main side effects are related to digestion, and there are some reports of cramping, diarrhea, flatulence, constipation and stomach pain (10 Trusted Source).

Take Home Message

Berberine is one of very few supplements that are as effective as a drug.

It has powerful effects on various aspects of health, especially blood sugar control.

If you want to try a berberine supplement, then there is a good selection of high-quality supplements available on Amazon.

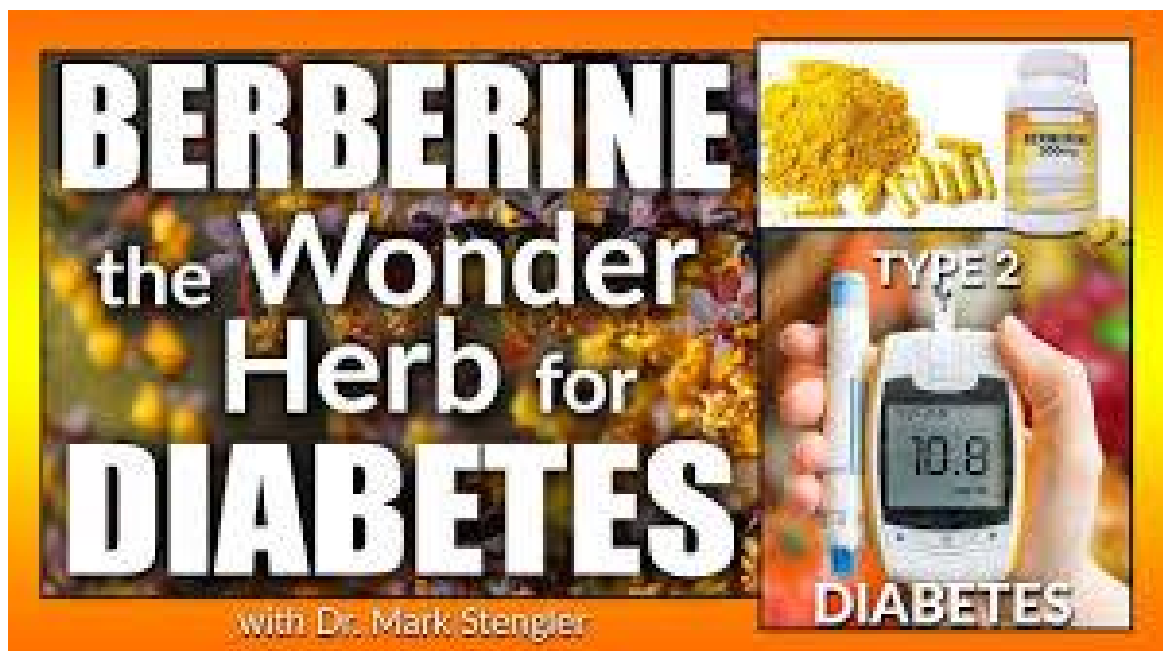
The people who stand to benefit the most are individuals with type 2 diabetes and metabolic syndrome.

However, it may also be useful as a general protection against chronic disease, as well as an [anti-aging supplement](#).

If you use supplements, then berberine may be one of the top ones to include in your arsenal.

I've personally been taking it for a few weeks now, for general health improvement.

I plan to continue taking it, and I look forward to seeing more research on this promising health-promoting substance.



**Read More about “Diabetes - Berberine
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